



INTERNATIONAL UNION
OF PSYCHOLOGICAL
SCIENCE

Building Individual and Organizational Capacity
in the Asia-Pacific Region

5TH INTERNATIONAL WORKSHOP ON PSYCHOLOGICAL INTERVENTION AFTER DISASTERS

November 14-17, 2016
Manila, Philippines



INTERNATIONAL
COUNCIL FOR SCIENCE
REGIONAL OFFICE FOR
ASIA AND THE PACIFIC



中国心理学会
Chinese Psychological Society



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for Disaster Studies





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OF PSYCHOLOGICAL
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5th International Workshop on Psychological Intervention after Disasters

November 14 - 17, 2016

Manila, Philippines

Organized by

International Union of Psychological Science (IUPsyS)
ICSU Regional Office for Asia and the Pacific (ICSU ROAP)
Integrated Research on Disaster Risk, International Centre of Excellence (IRDR-ICoE)
Department of Psychology, University of the Philippines, Diliman
Center for Applied Developmental Science (CADS), University of Jena
Psychological Association of the Philippines (PAP)

Partners

Chinese Psychological Society (CPS)
United Nations University International Institute for Global Health (UNU-IIGH)



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BACKGROUND TO THE WORKSHOP



This workshop represents a further step in a series of similar workshops dealing with psychological research and practice concerning disasters and how people and communities deal with it and have effects for their biopsychosocial well-being. It is organized by the International Union of Psychological Science (IUPsyS) and its partners. IUPsyS is the internationally recognized umbrella organization of about 90 national scientific organizations of psychology, representing over 1 million psychologists worldwide.

The guiding principle of the workshop is to bring up-to-date basic and applied science of relevance to young investigators and academically trained practitioners in regions prone to (natural) disasters, such as the Asia-Pacific region. The target group is mostly people affiliated with and trained in psychology as a discipline.

The international faculty of the workshop consists of a mix from several fields, mainly in psychology, that more or less deals directly with the topics. They are renowned experts in their fields.

The workshop aims at a combination of basic, applied, and translational research, ranging from new insights into genetic and neurological effects as pathways in the emergence of disaster consequences for human behavior and development, over cutting-edge research in relevant contexts such as family and communities, to particular manifestations of strain such as bereavement and PTSD, and finally to various means of evidence-based interventions.

A prime emphasis is the cultural awareness needed when generalizing scientific approaches, on roots of individual and collective differences in response to disasters, such as personality and resilience. Crucial is the focus on methodological rigor as a common denominator of all science.

A Video demonstrating how these Workshops are organized can be seen here: <http://www.iupsys.net/events/capacity-building-workshops/>

This site also provides reports of earlier workshops and videos of faculty presentations.

FOREWORD



My warmest greetings to the delegates to the 5th International Workshop on Psychological Intervention after Disasters (PIAD).

I am proud that the University of the Philippines Diliman, particularly the Psychology Department of the College of Social Sciences and Philosophy, is co-hosting this workshop. The Philippines is, after all, one of the most vulnerable countries in the world when it comes to disasters, in part because of our geology and our location in the Rim of Fire, but also because of social conditions which put the poor at especially high risk for the adverse effects of the disasters.

Despite the many handicaps we face, we are proud that over the years, we have developed strong programs for disaster response. The university houses many programs such as project NOAH (Nationwide Operational Assessment of Hazards) and DREAM (Disaster Risk and Exposure Assessment for Mitigation), which are at the forefront of monitoring hazard risks and warning systems. Both projects have tapped faculty from the College of

Social Sciences and Philosophy, particularly the psychology department, for disaster responses, including psychological first aid and longer term responses.

This PIAD Workshop therefore resonates well with the University's commitment to the development of comprehensive and effective disaster response programs. We hope that the workshop will make us even more prepared for the challenges around disasters, including appropriate protocols and guidelines.

I wish you all a most productive workshop.

MICHAEL L TAN PhD
Chancellor
University of the Philippines, Diliman

WORKSHOP PROGRAMME

November 13 (Sunday): Arrivals

Evening	Registration at hotel lobby upon arrival until 19:00
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November 14 (Monday): Workshop Day 1

All Workshop Sessions at Hotel Jen Manila, Embassy Ballroom, Level 2

08:00 – 08:30	Registration at workshop venue
08:30 – 09:00	<p>Opening and Welcome Addresses</p> <p>Dr Margaret Helen Udarbe-Alvarez, President, Psychological Association of the Philippines on behalf of the International Union of Psychological Science (IUPsyS)</p> <p>Professor Nordin Hasan, Director, International Council for Science Regional Office for Asia and the Pacific (ICSU ROAP)</p> <p>Professor Grace Aguilng-Dalisay, Dean, College of Social Sciences and Philosophy, University of the Philippines, Diliman</p>
09:00 – 09:15	Introduction to Day 1 : Professor Klaus Boehnke
09:15 – 10:00	<p>Presentation 1: Professor Joop de Jong <i>PUBLIC MENTAL HEALTH AS THE PARADIGM FOR MASS TRAUMA INTERVENTION</i></p>
10:00 – 10:30	Q&A, Discussion
10:30 – 10:45	Coffee/Tea/Refreshments
10:45 – 12:15	Breakout groups
12:15 – 12:45	Plenary – reporting back, discussion
12:45 – 14:00	Lunch
14:00 – 14:45	<p>Presentation 2: Professor Klaus Boehnke <i>DISASTERS AS A SOURCE OF PERSONAL GROWTH? INSIGHTS FROM LONGITUDINAL RESEARCH</i></p>
14:45 – 15:15	Q&A, Discussion
15:15 – 16:45	Breakout groups

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16:45 – 17:15	Plenary – reporting back, discussion
17:15 – 18:15	Poster Presentations (Group A) [5 minute presentation of poster and 10 minutes discussion per poster]
18:15 – 18:30	Summary of Day 1: Professor Klaus Boehnke
19:30	Welcome Dinner hosted by the University of the Philippines, Diliman

November 15 (Tuesday): Workshop Day 2

09:00 – 09:15	Introduction to Day 2: Professor Motoaki Sugiura
09:15 – 10:00	IUPsyS Introduction to the workshop series – Professor Abigail Gewirtz on behalf of Professor Rainer Silbereisen DISASTERS: CORE TOPICS AND CONCEPTS OF PSYCHOLOGICAL RESEARCH AND APPLICATION
10:00 – 10:30	Q&A, Discussion
10:30 – 11:00	Coffee/Tea/Refreshments
11:00 – 11:45	Presentation 3: Professor Abigail Gewirtz PREVENTION AND INTERVENTION RESEARCH WITH CHILDREN AND FAMILIES AFTER DISASTERS
11:45 – 12:15	Q&A, Discussion
12:15 – 14:00	Lunch
14:00 – 15:30	Breakout groups
15:30 – 16:00	Plenary – reporting back, discussion
16:00 – 16:15	Coffee/Tea/Refreshments
16:15 – 17:45	Poster Presentations (Group B)
17:45 – 18:00	Summary of Day 2: Prof Motoaki Sugiura

November 16 (Wednesday): Workshop Day 3

09:00 – 09:15	Introduction to Day 3: Professor Abigail Gewirtz
09:15 – 10:00	Presentation 4: Professor Yiqun Gan <i>COPING WITH DISASTER BY ENHANCING MEANING IN LIFE AND RESILIENCE</i>
10:00 – 10:30	Q&A, Discussion
10:30 – 10:45	Coffee/Tea/Refreshments
10:45 – 12:15	Breakout groups
12:15 – 13:00	Plenary – reporting back, discussion
13:00 – 14:00	Lunch
14:00 – 14:45	Presentation 5 (Video): Professor Douglas Paton <i>FROM DISASTER RECOVERY TO DISASTER RISK REDUCTION: SOME CROSS-CULTURAL PERSPECTIVES</i>
14:45 – 15:15	Q&A, Discussion
15:15 – 16:45	Breakout Groups
16:45 – 17:30	Plenary – reporting back, discussion
17:30 – 18:10	Guest Lecture: Dr. Regina Hechanova, Ateneo de Manila University
18:10 – 18:30	Summary of Day 3 : Professor Abigail Gerwitz
19:30	Dinner hosted by ICSU ROAP

November 17 (Thursday): Workshop Day 4

09:00 – 09:15	Introduction to Day 4: Professor Joop de Jong
09:15 – 10:00	Presentation 6: Professor Motoaki Sugiura <i>EIGHT PERSONAL CHARACTERISTICS ASSOCIATED WITH THE POWER TO LIVE WITH DISASTERS AS INDICATED BY SURVIVORS OF THE 2011 GREAT EAST JAPAN EARTH-QUAKE DISASTER</i>
10:00 – 10:30	Q&A, Discussion
10:30 – 10:45	Coffee/Tea/Refreshments
10:45 – 12:15	Breakout groups
12:15 – 12:45	Plenary – reporting back, discussion

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12:45 – 14:00	Lunch
14:00 – 15:15	Poster Presentations (Group C)
15:15 – 15:30	Coffee/Tea/Refreshments
15:30 – 16:30	Poster Presentations (Group D)
16:30 – 17:00	Summing - up of Workshop: Professor Abigail Gewirtz
17:00 – 17:15	Closing Remarks Professor Nordin Hasan (ICSU ROAP) Professor Lynna Marie Y. SyCip (UP Diliman) Certificate Presentation and End of Workshop

November 18 (Friday): Departures



BIODATA OF FACULTY



Klaus Boehnke

Klaus Boehnke is Professor of Social Science Methodology at Jacobs University Bremen in Germany since 2002. He received his PhD in Psychology from Berlin University of Technology in 1985. From 1986 to 1993 he was assistant and associate professor at the Department of Education of the Free University of Berlin. Between 1993 and 2002 he served as Full Professor of Socialization Research and Empirical Sociology at Chemnitz University of Technology. Throughout his academic career he engaged in research on diverse topics of political socialization and the individual in societal context, mostly using sophisticated statistical techniques like latent growth modelling and structural equation modelling. He also feels at home in mixed-methods approaches and narrative interviewing techniques. One hundred of his publications are listed in the Web of Science database, among them papers in *Science*, the *Journal of Personality*, and the *American Journal of Sociology*. He currently serves as associate editor of the *International Journal of Psychology* and as President-Elect of the International Association for Cross-Cultural Psychology and is Vice Dean of the Bremen International Graduate School of Social Sciences (BIGSSS).

Yiqun Gan

Yiqun Gan is a professor at School of Psychological and Cognitive Sciences, Peking University, China. She received her Ph.D. from the Chinese University of Hong Kong in 1998. In the recent 5 years, she has published over 40 research papers as the first or corresponding author, among which 25 were indexed by SCI/SSCI. She has been the principal investigator of a number of research projects funded by the National Science Foundation of China. She was invited to convene an Invited Symposium at the International Congress of Psychology in 2012, and as a Transversal Keynote Speaker at the International Congress of Applied Psychology in 2014. She currently serves on the editorial board of *Applied Psychology: Health and Well-being*. Her research focuses on stress, coping, and mental health.

Abigail Gewirtz

Abigail Gewirtz is the John and Nancy Lindahl Leadership Professor in the Department of Family Social Science and the Institute of Child Development, and director of the Institute for Translational Research in Children's Mental Health at the University of Minnesota. Her research focuses on the development, effectiveness testing, and implementation of targeted prevention programs that promote child resilience among highly stressed families including those affected by military deployment, and war. Over more than a decade, Dr. Gewirtz's research has been funded by the US National Institutes of Health, the Substance Abuse and Mental Health Services Administration, and the Department of Defense. Dr. Gewirtz is Principal Investigator on two randomized controlled trials to develop and test a web-enhanced parenting program for military families with parents returning from wars in Iraq and Afghanistan. She has published and presented widely on parenting, trauma, and child adjustment, extending parent training models for populations affected by traumatic stress, and the role of community sectors of care as portals for family-based prevention.

Joop de Jong

Joop de Jong, MD, PhD, is Emeritus Professor of Cultural and International Psychiatry at VU University, and Emeritus Visiting Professor of Psychology at Rhodes University, South Africa. He is Adjunct Professor of Psychiatry at Boston University School of Medicine, and senior researcher at the Amsterdam Institute for Social Science Research (AISSR). He was the founder and director of the Transcultural Psychosocial Organization (TPO), which provided mental health and psychosocial services in more than 20 countries in Africa, Asia, and Europe. Programs of TPO often operated in armed conflict and disaster areas and gave special attention to the prevention of mental health problems and human

rights violations. Joop de Jong worked part-time with immigrants and refugees in the Netherlands. Over the past decades he was involved in global mental health by integrating insights from public mental health, psychotherapy, psychiatry, anthropology and epidemiology in community interventions in a variety of cultures, on which he (co)authored and (co)edited 290 papers, chapters and books.

Douglas Paton

Douglas Paton is Professor of Psychology and Professor of Disaster Risk Reduction at Charles Darwin University (Australia). He is also a Senior Research Fellow at the Bandung Resilience Institute (Indonesia), and a Technical Advisor on risk communication to the World Health Organization. His research focuses on developing and testing all-hazards (seismic, volcanic, tsunami, bushfire, flooding and health/pandemic hazards), cross-cultural (USA, Australia, New Zealand, Japan, Indonesia, Taiwan and Portugal) theories of resilience and adaptive capacity in communities and organizations. He is currently working on understanding long-term social recovery following the 2011 Christchurch earthquake in New Zealand and the 2009 Typhoon Morakot in Taiwan. This work includes exploring how to apply the Linking Relief, Rehabilitation and Development, and Build Back Better (BBB) concepts to link disaster recovery and community capacity building. Douglas has published 20 books and some 160 peer-reviewed papers in this area. He is Editor of the International Journal of Mass Emergencies and Disasters and sits on the Editorial Boards of Disasters, the International Journal of Disaster Risk Reduction, Disaster Communication and the Australasian Journal of Disaster and Trauma Studies.

Rainer K. Silbereisen

Dr Rainer K. Silbereisen is currently Research Professor of Developmental Psychology and Director of the Center for Applied Developmental Science (CADS) of the Friedrich Schiller University, Jena, Germany. He has been Principle Investigator in a long-term basic and applied research program on the effect of social change on individual behavior and development in various countries, is Director of an international and interdisciplinary consortium on acculturation and immigration, and has been involved in an interdisciplinary investigation on entrepreneurship and its early antecedents. His main research interest is life span human development, framed within a biopsychosocial paradigm, with special emphasis on adolescence, adulthood, and aging. He is Fellow of various learned societies and of international career development programmes for young scientists. He is Past President of the International Union of Psychological Science, the umbrella organization of more than 80 national scientific organizations of psychology around the globe.

Motoaki Sugiura

Motoaki Sugiura was born in Tokyo, Japan, and received his Ph.D. in Medicine from Tohoku University. Since then he has been studying the functional neuroimaging of higher cognitive functions, particularly in the domain of social cognition, while engaged in positions with several institutes in Japan and Germany. He experienced the Great East Japan Earthquake 2011 when he was an associate professor of the Institute of Development, Aging and Cancer, Tohoku University, Sendai, and joined the International Research Institute of Disaster Science, which was established a year after the disaster. He is now a professor of both institutes and he is working to shed neuroscientific light on the human ability to survive disaster situations from the occurrence to the reconstruction of lives, and propose a new protocol of education and disaster mitigation.



SYNOPSIS OF FACULTY PRESENTATIONS



Klaus Boehnke

Disasters as a Source of Personal Growth? Insights from Longitudinal Research

Longitudinal studies of psychological effects of disasters—‘man’-made or natural—have a multi-decade tradition. Studies of holocaust survivors have commenced with work by Bruno Bettelheim. Psychiatrist Robert Lifton studied survivors of the Hiroshima bombing. Studies like these typically work with qualitative retrospective data. British children, initially studied by Anna Freud in 1943, have been followed up quantitatively decades later. Probably the oldest systematic quantitative longitudinal study of disaster victims commenced after Hurricane Audrey in the US in 1957. Studies of cyclone victims in Sri Lanka in 1978, of the Three Mile Island nuclear accident in the US in 1979, or of survivors of the Oklahoma bombing in 1995 are documented, to name just a few. In methodological terms, most documented studies follow an after-only design without a control group and are fairly short-term, rarely including regular measurement for more than 10, very rarely for more than 25 years. The gold standard of a prospective longitudinal study with a random probability sample, which includes the element of a natural experiment is extremely difficult to meet. In spite of Reid having called for such studies already in 1990, research implementing that kind of design is extremely scarce. They are, however, possible if disaster researchers match up with colleagues who conduct on-going multi-site developmental psychological panel studies.

In the first half of the presentation various methodological aspects of longitudinal studies of disaster sequelae will be discussed, focusing on questions of design, sampling, and attrition. In the second half, the contribution will turn to statistical analyses of longitudinal data, utilizing a data set from an ongoing 30-year longitudinal study of the author: In the year 1985, huge numbers of missiles had been deployed on German soil. It was in this year that the author started a survey study of adolescents on what was initially labeled ‘nuclear anxiety.’ Participants were on average 14 years of

age then. A core sample of some 200 of them has continuously been surveyed every 3 ½ years ever since; the study saw its ninth wave in 2013 and is to be continued around the turn of the years 2016/2017. The presentation will report findings of the study on the relationship of early-life micro- and macrosocial worries with later life well-being and political agency. Three separate accounts of findings of the study will be offered. Two variants of latent growth modelling will be introduced. The third account is based on structural equation models, shedding light on the relationship of political activism and political efficacy in late adolescence and political involvement as well as mental health in mid adulthood. In summary, the study offers several findings, which suggest that having been sensitized to politically rooted threats—macrosocial stress—early on in life and having taken an actively coping life-approach to them can be seen as fountains of well-being in adulthood. The generalizability of this finding will be critically discussed in light of the methodological insights offered in the first part of the presentation.

Yiqun Gan

Coping with Disaster by Enhancing Meaning in Life and Resilience

The model of meaning-making, which reflects the latest contributions of positive psychology to the field of trauma research, forms the background of this presentation. In our endeavors to advance this theory, first, future focus was introduced to the meaning-making model to distinguish adaptive from non-adaptive ways of meaning making. In this phase, experimental methods were used to manipulate temporal distance. Future focus techniques were proved to be effective in enhancing meaning in life and post-stress adjustment. Second, an implicit method, the directed-forgetting task, was used to construct cognitive representations of the “meaning made” among 2008 Sichuan earthquake survivors. Third, resilience was proposed as a moderator for the meaning-making model based on

two longitudinal follow-up surveys. Meaning-making was demonstrated to be especially effective among individuals with low resilience. Fourth, we explored the interactive effect of the COMT Val158Met polymorphism and adversity on the psychological resource of future focus and proposed a differential post-stress growth hypothesis, which might point to genetic evidence for resilience. Finally, these results were summarized by developing a modified model of meaning making and a protocol for group-based trauma interventions. A randomized control trial was conducted among cancer patients with meaning-making as the focus of the intervention group and two control groups, namely, supportive group and waiting-list group. The results supported the effects of enhancing meaning in life and resilience, which contributed to the development of the meaning making theory and put the theory into practice in disaster intervention.

Abigail Gewirtz

Prevention and Intervention Research with Children and Families after Disasters

Natural and manmade disasters disrupt the social fabric of society, jeopardizing children's adjustment and healthy development. Parents are key to children's resilience, particularly in stressful contexts, yet research shows that it is precisely under risky circumstances that parenting is impaired. Fortunately, extensive research has demonstrated that buffering parenting is effective for strengthening children's resilience.

This presentation aims to provide an introduction to family-focused prevention and intervention research after disasters. The goal is to highlight the importance of theory-based interventions, rigorous methodology, and the stages of prevention research (i.e. feasibility, efficacy, effectiveness, and implementation/dissemination). The presentation will review research on a theory-based, empirically-supported parenting program (Parent Management Training-Oregon model) and its modifications for families affected by stressful and traumatic events. Evidence for the effectiveness of the model with families affected by war and other disasters will be

presented, along with key elements of the program, and efforts at widespread implementation around the world, in both developed and developing countries.

Joop de Jong

Public Mental Health as the Paradigm for MassTrauma Interventions

How do we address the psychological needs of large populations exposed to severe traumatic stressors? To answer this question, a public mental health approach is quickly gaining popularity for trauma-exposed populations in international settings.

This lecture will address how this perspective may inform prevention and care with populations exposed to traumatic stressors both in high-income countries and in developing countries (e.g. in the context of natural disasters and armed conflicts).

Public mental health aims at protecting, promoting and restoring the mental health of a population rather than an individual. The paradigm of public mental health has several important implications in the realms of prevention, resilience, research and competencies.

First, both origins and consequences of disasters play at different system levels. Hence, primary prevention can become more effective if it further develops interventions that address these multiple system levels. Universal primary prevention has much to win by distilling and addressing key predictors of ill health that show striking similarity with the determinants of disaster and war including poverty and marginalization.

Second, an ecological approach requires a shift from individual psychological resilience to ecological resilience involving diverse actors at the level of the community. An ecological approach also asks for a careful cultural critique of the salience of the neuroscience construct of PTSD versus other expressions of distress across the globe.

Third, dealing with distress in resource-strained settings requires task sharing and task shifting by mental health professionals to locally trained paraprofessionals and lay people. It also requires a shift from specialized treatment to selective prevention involving local healers, local practitioners and a range of community interventionist from other disciplines.

Douglas Paton

From Disaster Recovery to Disaster Risk Reduction: Some Cross-Cultural Perspectives

This presentation will compare social, community, psychological and societal perspectives on earthquake recovery comparing New Zealand and Taiwan. It will draw on research conducted during the recovery phases of the 2011 Christchurch (New Zealand) earthquake and the 1999, 921 earthquake in Taiwan. By conducting research during periods when people were actively confronting recovery and reconstruction issues, it becomes possible to more clearly identify what people (individually and collectively) had to contend with and what helped or hindered their ability to do so. The paper will outline how this work identified a need for readiness (preparedness/prevention) to be subdivided into functional categories (structural, survival, planning, community, psychological, livelihood, community-agency) and will discuss how different roles that personal, family, community, cultural and societal resources played in facilitating people's ability to adapt to recovery and reconstruction issues. The opportunities this affords to assess the validity of DRR readiness theories and how DRR warning and readiness strategies can be developed will be discussed. The paper will also draw on recent work on applying the "Build Back Better" (BBB) and "Linking Relief, Rehabilitation and Development" (LRRD) concepts to discuss ways of integrating disaster recovery and the development of community capacity.

Motoaki Sugiura

Eight Personal Characteristics Associated with the Power to Live with Disasters as Indicated by Survivors of the 2011 Great East Japan Earthquake Disaster by

People perceive, judge, and behave differently in disasters and in a wide range of other difficult situations depending on their personal characteristics. The power to live, as captured by characteristics that are advantageous for survival in such situations, has thus far been modeled in arbitrary ways. Conceptualizing such characteristics in more objective ways may be helpful for systematic preparations for future disasters and life difficulties. Here, we attempted to identify the major factors of the power to live by summarizing the opinions of survivors of the 2011 Great East Japan Earthquake disaster. We conducted personal interviews with 78 survivors about their survival experiences and elicited their opinions about the power to live as relevant to those experiences. We then incorporated these opinions into a questionnaire that was completed by 1400 survivors. Factor analysis identified eight factors related to the power to live: leadership, problem solving, altruism, stubbornness, etiquette, emotional regulation, self-transcendence, and active well-being. All factors had sufficient internal construct validity, and six of them showed significant associations with one or more measures of survival success in the disaster, including immediate tsunami evacuation, problem solving in refugee situations, recovery during reconstruction, physical health, and mental health. Overall, the personal characteristics described by the eight factors largely overlap with those described in previous arbitrary models. Further research should investigate the domains, phases, and contexts in which each factor contributes to survival, address whether the factors are rooted in nature or in nurture, and explore their psychological or physiological bases.

LIST OF PARTICIPANTS

**5th International Workshop on
Psychological Interventions after Disasters (5th PIAD 2016)**
14 - 17 November 2016
Manila, Philippines



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OBSERVERS

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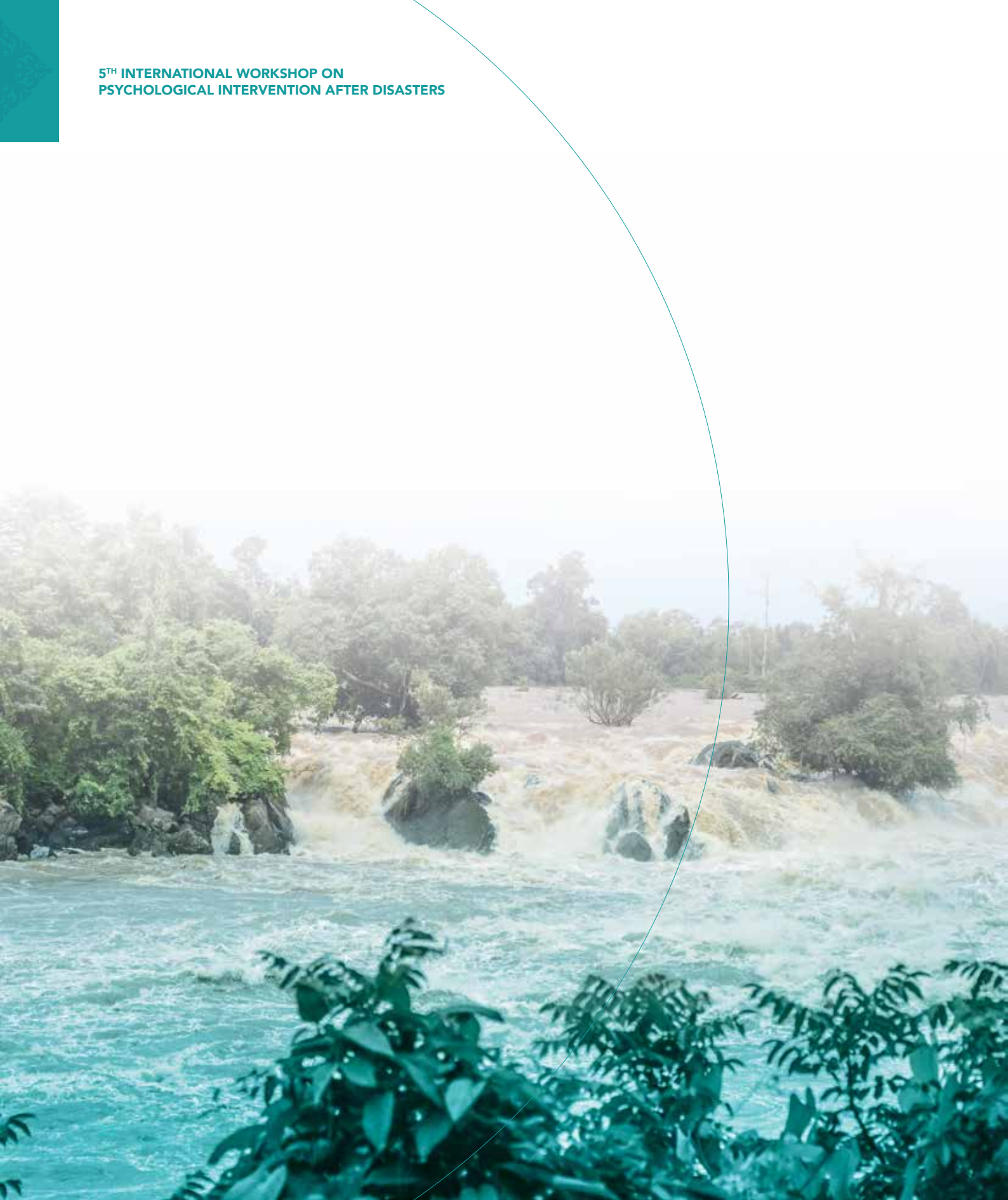
FACULTY		
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**5TH INTERNATIONAL WORKSHOP ON
PSYCHOLOGICAL INTERVENTION AFTER DISASTERS**

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**5TH INTERNATIONAL WORKSHOP ON
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NOTES





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